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"Run For Your Life" 5K Zombie Run Set For Halloween Morning

The Little Axe Health Center in Norman, Oklahoma will kick off the Halloween festivities at 9:00 a.m. on Saturday, October 31 with a 5K run and 1-mile fun run/walk complete with zombies throughout the course to keep the runners "running for their lives."

In addition to the run and walk, there will be a costume contest for kids, a live DJ, concessions, and trick or treating in the clinic, starting at 11 a.m.

The run is sponsored by the Absentee Shawnee Tribe (AST) SPF Program and AST Diabetes and Wellness and was started to help raise awareness of prescription drug and alcohol abuse. According to race director Kasey Dean, the problem is at an all-time high among youth in Oklahoma. "We hope that by making more people aware of some of the alarming statistics and teaching them what to look for, we can begin to make a difference," Dean said; "the run is a fun way to bring people together and start the conversation."

The Youth Risk Behavior Surveillance System (YRBS) reports that 40% of Oklahoma high school students drink alcohol and 20% had their first drink before age 13. Additionally, Oklahoma has the highest rate of prescription drug use by teens than any other state in the country.

Pre-registration for the event is no longer available, but runners and walkers can register the morning of the run at the Little Axe Facility, 15951 Little Axe Drive. Runners must be 12 years or older to participate in the 5K. The 1-mile fun/run walk is open to all ages. All participants will receive a ribbon for finishing and first place winners in each category will receive a medal. The event is free and open to the public.

For more information, contact Kasey Dean at 405.701.7993 or kdean@astribe.com.